

Wholistic Wellness



SPEAKERS

Nicole Benton, LPC Timothy Whailen, LMSW

Venessa Abram, MBA

L'Dia Men-Na'a , Certified Wholistic Health Educator

D. Renee Smith, LPC Natolie Warren, LPC

Actor John Palomino Marquita Johnson LPC

Nadim Ali, LPC 4 Black Roots

Teheran Height, ACE, ACT Shihan Micah Williams Sr.

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For More Information

Call 404-438-3677

FREE Wholistic Wellness Workshop! Must register by April 26th to attend at mnk4life.org. Check-In at 9am, Conyers, GA

Wholistic Wellness



Saturday, May 4, 2019 Schedule

10:00am	Holistic and Spiritual Mental Wellness
10:30am	Progressive Muscle Relaxation
11:00am	Miseducation of Medication Management
11:30am	Food and Herbal Wellness (Part One)
1:00pm	Transformation of the Mind to Wellness
1:30pm	Self-Care
2:00pm	Short Film and Suicide Awareness Education



Sunday May 5, 2019 Schedule

10:00am	Transcendental Meditation
10:30am	Unhealthy Relationship Traps
11:00am	Tai Chi and Meditation
11:30am	Food and Herbal Wellness (Part Two)
1:00pm	Self-Care with Your Hair
1:30pm	Rehabilitation, Nutrition & Fitness
2:00pm	Mind, Body, Spirit Martial Arts & Mental Wellness

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